

Combining Bodyweight Training with Odd Object Training
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<http://www.oddobjecttraining.com>

You don't need a gym membership to get in great shape! Learn a few body-weight only movement techniques, develop confidence in them, and apply some creativity in your training progression. Look around you and see what you can use in your environment. If you've spent time learning ways to make body weight training harder by adjusting different variables – leverage, hand position, range of motion, etc. – you can find endless ways to do so with little to no cost.

Playground equipment at a public park.

Hanging from a hand towel that is doubled over your pullup bar.

Arrange a pair of tables or chairs such that you can perform dips or pushups from them.

The movement skills you can learn this way can translate to better movement in your martial arts training as well! Progressive calisthenics focus on not just building strength in your muscles, but also strength in movement. The benefits to coordination, confidence, flexibility, mobility, and joint health also help with martial arts, but also with life in general.

The article below has some nifty ideas that combine this kind of training – progressive calisthenics – with “odd object training”. Check it out!

<http://progressivecalisthenics.com/odd-object-training-with-bodyweight/>